



IV/IM Infusion Information & Post-Care Instructions

Overview:

Many people know of Vitamin Cocktails with Myers – the best known of them. It consists of a mixture of Vitamin C, B-Complex and Magnesium with a few variations to it depending on where the stock comes from. Most practitioners work with the basic Myers first before adding other additives to the Myers bag or use other kit combinations. Other frequently used products are glutathione (a powerful antioxidant), high dose Vitamin C, Amino Acids amongst others (Taurine, L-Carnitine, L-Lysine, Acetylcysteine, L-Arginine) and minerals. Most people feel very good on Myers and IV therapies in general. However, it is possibly due to the forced release of toxins in the cells due to the therapy, a few patients do feel worse after a session.

Symptom Summary

- Headache
- Diarrhea or Constipation
- General Unwellness
- Sinus Congestion
- Body Aches
- Flu-Like Symptoms

The first set of symptoms described above are not bad, they are natural, although not comfortable to go through. At the very least, it means that stored toxins are being released and cells are now cleaner. If any of the above symptoms should worsen in the coming days after the therapy, please contact a provider at Your Wellness Center for an appropriate consultation.

Post IV Care

There are a few things that can be done to decrease the effects of the above symptoms from happening

- Avoid alcohol for a 24-48 hours to allow your liver to recover from the toxin load from your cells
- Drink plenty of water to flush things out
- If you have diarrhea like symptoms, do not take an anti-diarrheal but let the body dispose of as much as it needs to
- If you have constipation type symptoms, take high dose oral Vitamin C and Magnesium which can help to loosen up the stool
- Take a Magnesium salt bath. The Magnesium can help draw out more toxins from your skin, speeding up the process of toxin extraction
- If you are familiar with intermittent fasting, it's a good thing to try to let your digestive system take a break. Alternatively, consider going on a bone broth day. The fat and protein in the broth should keep you feeling full.
- If you would like to do a juice fast instead, make sure to include lots of vegetables in the drink because including fruit only can make you feel worse (due to its' effect on insulin). Add some coconut oil to it to slow down absorption of glucose.

In a nutshell, keep going with the therapies and make sure to inform Your Wellness Center of any side affects you may have had regarding your IV/IM Therapy. Most of these should pass and in the long run, you will have healthier cells.